



Caregiver Corner

City of Alexandria
Division of Aging and Adult Services

"It's your unlimited power to care and to love that can make the biggest difference in the quality of your life." Anthony Robbins

Caregiver Tip:

Keeping track of a family member or friend's medical information can be overwhelming. A notebook of medical information can help you easily organize and access critical medical information during medical appointments and emergencies.

Here's what to include:

- Contact information for all physicians
- Medical insurance information
- A list of all prescription and over-the-counter medications with the dosage and frequency
- Allergies and medical history

Caregiver Support Group

Wednesday, Sept. 5, 2012

4 p.m. - 5:30 p.m.

**Alexandria Adult Day Services
Center**

703.746.5676

Resources:

Book: The 36-Hour Day by Nancy L. Mace, M.A. and Peter V. Rabins, M.D., M.P.H.

This book is a guide to caring for persons with Alzheimer Disease, related dementing illnesses, and memory loss.

Event: Senior Citizens Law Day 2012- Saturday, October 13th 8:30a.m. -12:15p.m.

This free event will provide free, aging related, legal, financial and other resources available for seniors. The event can provide valuable information to seniors as well as their children, friends, caregivers, and others who are helping them meet the challenges of aging. For more information, contact Senior Services at 703.836.4414, ext. 10 or <http://www.seniorservicesalex.org>

To remove your name from our mailing list, please email Jennifer.Sarisky@alexandriava.gov

Questions or comments? Email Jennifer.Sarisky@alexandriava.gov or call 703.746.5999, Option 1



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